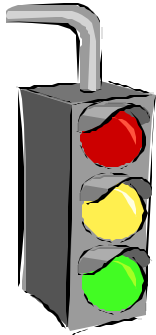
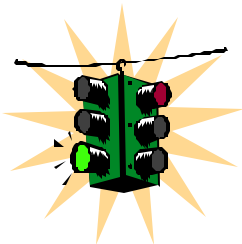


ASTHMA ACTION PLAN...



NAME	
DATE	
YOUR PRIMARY CARE PHYSICIANS' NAME	
YOUR PRIMARY CARE PHYSICIAN'S PHONE NUMBER	

Think of a traffic light when deciding how to take your asthma medications.

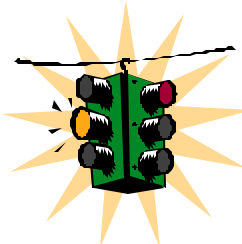


GREEN means GO!

Remember to take your controller medication(s)

Medication How Much How Often

- ✓ Breathing normally
- ✓ Able to work or play
- ✓ Not wheezing or coughing

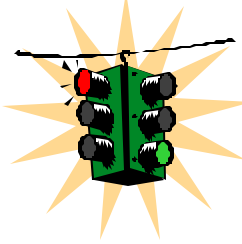


YELLOW means CAUTION!

Use your quick-relief medication(s)

Medication How Much How Often

- ✓ Wheezing or coughing
- ✓ Chest feels tight
- ✓ Awakened from sleep



RED means STOP!

Get **HELP** from a doctor.

Medication How Much How Often

- ✓ Medication not helping
- ✓ Breathing is hard and fast
- ✓ Can't walk or talk well

Interpretation and translation services are free to the enrollee, please call 1-800-669-1851 for more information.

Hay una linea telefonica en español para los consumidores Hispaños de TennCare. Llama al proyecto en español de TennCare al Tel. 1-800-669-1851.

No person on the grounds of race, color, national origin, sex, age, or disability shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program provided by the Bureau of TennCare.



Bureau of TennCare